

Learning: In Early years, children will begin to develop fundamentals of movement e.g. marching, running, jumping, hopping, skipping. They will begin to jump over a variety of objects. They will learn to throw objects into targets. They will also be developing their balancing skills when moving. Children will also be introduced to fun competitions e.g. racing against each other.

Key Skills

Physical Me

- Run
- Jump
- Throw
- Hop
- Skip
- Balance
- Agility
- Co-ordination
- March

Thinking Me

- Trying new skills

Value Me:

- Determination
- Try, Try, Try again!

Social Me

- Taking turns
- Looking out for my friends

Physical Development

Gross Motor Skills ELG

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination
- Move energetically, such as running, jumping, hopping and skipping.

Key Vocabulary

March

Quick

Run

Jump

Fast

Walk

Throw

Safe

Hop

Key Knowledge

Safe- Look out for your friends when moving/running around

Running Fast - Always look where you are going

- Try and look at something in front of you
- Move your arms quickly!

Competition - Is where we may race against others to win.

- It does not matter if you do not win, what matters is that you tried your best!
- Always say "well done" to your friends.

